

THE SKY'S THE LIMIT

ASK FOR HELP

TIPS FOR CAREGIVERS

Social and emotional learning (SEL) helps children manage emotions, learn how to feel empathy, create and achieve goals, and make good decisions. Strong lessons and support in SEL will help children establish positive habits in communication, cooperation, and decision-making. By incorporating SEL in early reading, children will be better equipped to build confidence and foster positive peer networks.

BEFORE READING

Talk to the reader about asking for help.
Explain that asking for help is healthy.

Discuss: Does everyone ask for help sometimes?
When have you asked for help? How did it feel?
Were you glad that you asked for help?

SEL GOAL

Some children may be nervous or embarrassed to ask for help. They may feel ashamed or as if they have failed because they cannot do something by themselves. They may worry that others are judging them because they need help. They could worry that they are bothering those around them by asking for help. Help readers understand that it's OK to ask for help. Brainstorm a list of people they have seen ask for help.

AFTER READING

Talk to the reader about different people they can ask for help.

Discuss: Who around you can you ask for help?
How can you decide who is the best person to help you? What should you do after someone helps you? What could you help someone else with?

GOALS AND TOOLS

GROW WITH GOALS

Everyone needs help sometimes. Even adults need help. We can get better at asking for help and being thankful for it.

Goal: Help others who may need help! You might have a friend who needs help learning something you already know. Teach him or her what you know. You might learn something new in the process, too!

Goal: Identify people who support you. Think about the people in your life. Who are good people to ask for help? What are the best things to ask them to help with?

Goal: Identify your strengths and weaknesses. What are things that you don't need help with? What are things that you could ask for help to improve on?

WRITING REFLECTION

Reflecting on times you successfully asked for help can make you more comfortable asking for help in the future.

1. When did you last ask for help?
2. Write about who you asked and what improved because you asked for help.
3. When are other good times to ask for help?



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